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## Basket Ball

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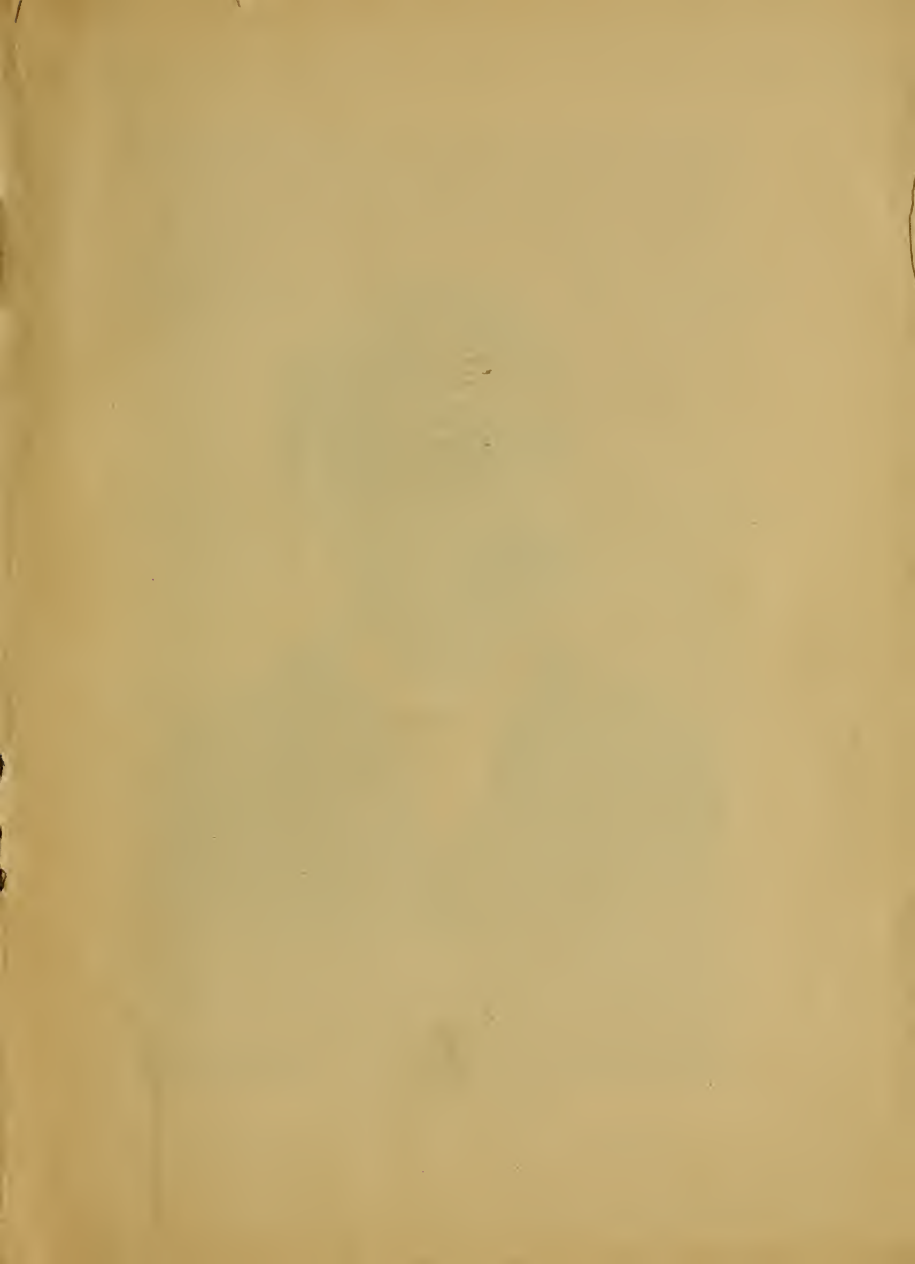
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JAMES NAISMITH,  
Inventor of Basket Ball.

Amateur athletic union of the United States.

# OFFICIAL BASKET BALL RULES

AS ADOPTED BY THE

YOUNG MEN'S CHRISTIAN ASSOCIATION  
ATHLETIC LEAGUE OF NORTH  
AMERICA

*Together with articles on the game by Jas. Naismith, Luther Gulick,*

*W. E. Allen, Dr. Edward Hitchcock, Sr., Dr. Alice*

*Bertha Foster and Miss Senda Berenson*

ILLUSTRATED

EDITED BY LUTHER GULICK

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AMERICAN SPORTS PUBLISHING COMPANY

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## Ethics of Basket Ball


THE greatest danger in connection with athletic sports is not that the men will get hurt, but that in the excitement of the game and on account of the great desire for victory, they will do things which are ungentlemanly, discourteous, which they will be ashamed of in their calmer moments.

This matter was discussed by a number of the leading teachers of gymnastics in this country during the past summer, and it was recommended that some suggestions be made in this copy of the Rules in regard to the true sporting spirit.

The experience of the past years of various basket ball teams seems to point conclusively: That there are those who deliberately violate the rules, who do ungentlemanly things on the field. The great difficulty is possibly a false conception in regard to the objects of the game. The object of all true amateurs is good sport, and not the mere winning of victory. They only wish to win victories when it can be done by superior playing and not by pure accidents, or by the weakness of the opposing team, or by unfairness, or upon a technicality. The prime object is good sport, and sport which violates the principles of courtesy and good character is never good sport. Rules are mutual agreement which should no more be evaded or deliberately broken than one would deliberately break any other agreement for the sake of gain. It should be the object of every player on the team to see that the spirit and not merely the letter of the rules is rigidly enforced. The players are not enemies; it is not war; it is sport.

The following suggestions were made by this convention of teachers of gymnastics in regard to the securing of these objects:

*First, That there be no protesting the results of games,*



We are well aware that individual wrongs will thus remain unrighted, but we believe that the sum total of gain will be far greater than the loss.

*Second,* That kicking on the floor at officers and players be absolutely stopped.

*Third,* That exchange games be cultivated between associations, not to the exclusion of championship games, but making the championship a minor instead of a major matter.

*Fourth,* That there be just as rigid an adherence as possible to the use of non-partisan officials.

*Fifth,* That when one team is abused or cheated with great unfairness by another team, they do not protest nor use similar means, nor kick, nor complain about it to the other teams, but if games are proposed again between the two, that they refuse to play.

*Sixth,* That the captains and managers of all teams should be men who would fairly represent the spirit of the whole association.

*Seventh,* That every opportunity be taken to cultivate the feelings of entertainers to teams who come to play; that they be treated as guests; that their good plays and not their poor ones be cheered; that there be little suppers arranged to make them feel at home, and in every way that they be treated as the honored guests of the association, instead of the antagonists; that victory be considered second, and that good sport and good fellowship be considered first.

We believe this to be attainable and pledge ourselves to work towards its attainment.

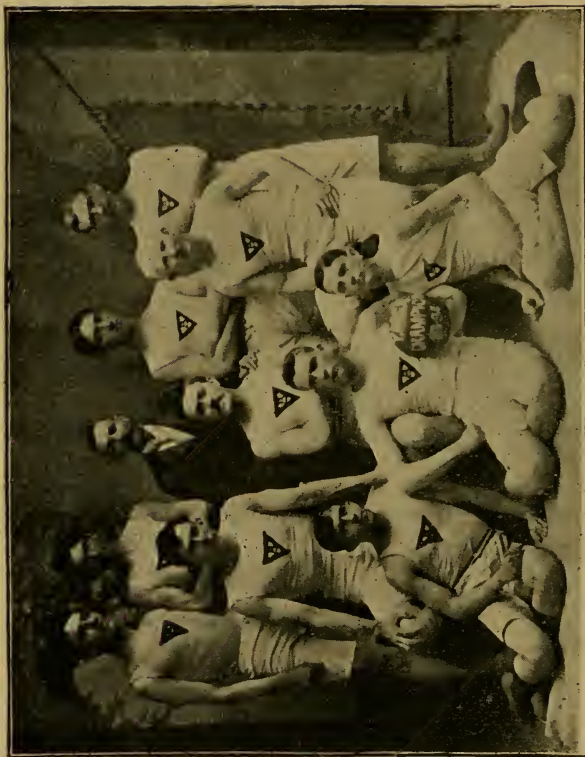
The following quotation from a paper on the Athletic League of the Young Men's Christian Associations covers the ground which has been referred to:

"So far I have been dealing with matters comparatively external. Behind much that has been said is the necessity that a new standard of character be brought into the athletics of our Associations and of our land. I mean a Christian character. I believe that in many if not most cases, athletic sports are conducted in such a way as to exert a directly unwholesome influence on the contestants.

"The thirst for victory habitually tempts men to ungentlemanly, unfair, or even dishonorable acts ; to take advantage of the rules ; to violate their spirit while working in accord with the letter ; to violate their letter on the sly ; to violate the rules if willing to pay the penalty when caught. That these things are wrong is axiomatic, and yet the sporting consciousness has become so depraved that their legitimacy is rarely questioned. If men should attempt to take unfair advantage of one another in other lines as they do in sport they would at once forfeit their standing as gentlemen. In foot ball it seems to be a matter of correct ethics that a man may violate the rules, provided he does it in such a way as not to be ejected from the field. It is the practice of all the best foot ball teams in the country to "hold" in the line. This can rarely be seen by the officials, and the fact that it is against the rules seems to have no deterrent effect.

"I am not an alarmist. I have championed and expect to heartily champion such manly games as foot ball ; and yet the use of unfair play as shown by the black eyes and bloody noses which are often, if not usually, the result of deliberate intention, indicate strongly the truth of which I have been speaking—that an undue desire for victory has resulted in dishonorable conduct.

"I remember with great clearness the disgust with which I ever afterward regarded a young lady of my acquaintance who, in an old-fashioned croquet game, covered her croquet ball with her skirt and then moved it six or eight inches, thus getting it into position for the wicket. It seemed to me like a violation of moral law—as if no person with character could do anything of the kind. And yet we see exactly corresponding practices on athletic fields in every contest, without any consciousness of their being either wrong or injurious to the game. The sentiment of our best college and athletic clubs tolerates deliberate violation of the rules in the interest of victory. The experience of some of our own Associations in basket ball during the past winter is in the same direction ; men placing chief value on victory ; holding, striking, running into men,



CENTRAL Y. M. C. A., BALTIMORE, MD.

Champions of League, 1893-94-95-96.

Kershaw.	Whitman.	Thos. Cornelius.	Rolph.	Rolker.
Stalman.	F. G. Beechbur.	Brown.		

with such vigor and frequency that the inference is unavoidable that it was at least partly deliberate. This has resulted in personal antagonisms, anger, deceit, recrimination and hatred. Once create the sentiment that it is far more disgraceful to do a dishonorable or ungentlemanly deed on the field than to suffer defeat, and it would foster the interests of true sport as much as the present tendencies in the opposite direction are injuring them. Athletic traditions formed now will probably enter into and have a lasting effect upon the whole future of the physical work. If there can be maintained this spirit of rigid loyalty to honesty and courtesy and gentlemanliness, victory being made secondary, we believe that the helpful influence of the League will be immense, both inside and outside of the Young Men's Christian Association. But this result can be reached only by the deliberate determination on the part of all interested to place these qualities first; to be willing to lose games unless they can be won honestly, with good feeling and with regard for the courtesies; to be willing to let others cheat and win falsely rather than to resort to similar means; to abide by and uphold the decisions of the proper officials even when they seem to be unfair; to regard rules not as imposed by some outside body contrary to the wish of the contestants, and to be evaded and taken advantage of at every opportunity, but as a mutual agreement of which one would no sooner think of taking advantage, simply because it were possible to do so undetected, than he would of lying under other circumstances for personal advantage. This ideal is not an unattainable one. If this kind of sport cannot be secured by the Young Men's Christian Associations it were better that they did not take up sport at all. If there is not enough of the stronger elements of Christian character to handle in this way games of a highly exciting character between neighboring states, such games ought not to be held. There should and there can be such a sentiment created by the leaders in every Association, that a man who would use dishonorable or ungentlemanly means to win victory for his organization would not again be tolerated as a representative.

“Can the Young Men's Christian Association put character above victory? If it can, it will find in sport a splendid auxiliary to the building of character. If it cannot, it will find in sport one of the most competent means for the introduction of the elements that tend to the breaking down of character. The first purpose of this League, then, is to unite those Associations which realize the need of a new spirit—a Christian spirit—in athletics, into a body which can work definitely and tangibly toward the achievement of this result.”



A decorative border made of small floral motifs surrounds the title.

# Officials and Players

## THE REFEREE.

*By James Naismith, inventor of the game.*

THE referee has full control of the game; therefore, his first duty is to see that all necessary arrangements have been made before the game commences, so that as little trouble as possible shall arise afterwards, and that his decisions may be fairly given. He should see that the peculiarities of the gymnasium are explained to the captains of the teams, and when any special rules are necessary, they should be clearly defined to both captains before the game commences. He should also see that the goals have been properly protected from the spectators (see Rule VII., section 4). He shall toss with the captains for choice of goal, and change goals at half-time. He shall put the ball in play, as in Rule VII., section 7.

The main part of his duties is defined in Rule VII., section 5, where it says that he shall be judge of the ball; for this reason it is necessary that he shall keep his eyes constantly on the ball instead of the men, as in the case of the umpire. He must decide whether or not it crosses the boundary line, and when it does cross, to whom the ball belongs. It shall be returned by the side first touching it. This does not mean that there may be a scrimmage for the ball; it belongs to the first man touching it.

Whenever he is in doubt as to which of the players has the ball, he shall, as in Rule XI., section 24, throw it up in the field himself, not necessarily carrying it to the centre of the field, but throwing it in from the spot where he picks it up. He shall also watch the ball that he may tell when it drops into the basket. He shall also note the spot from which it is



thrown, as a goal cannot be thrown from out of bounds. He must also note when the ball rests on the top of the basket, especially if the opponents should move the goal, as found in Rule XI., section 10.

Whenever the ball has been thrown out of the field of play, so that none of the players can get it, it shall go to the referee before again being put in play. Rule XI., section 6, also comes under his jurisdiction. This is to prevent any roughness when several men are trying to get possession of the ball. He shall not interfere with any decision of the umpire, as the latter is authority in his own sphere.

Whenever it is necessary to call time, the referee shall blow his whistle, and no play can be made after the whistle is blown; but if the ball has left the player's hands when the whistle blows, and it alights in the basket, it shall then count a goal. The referee and umpire shall each carry a whistle, and whenever this is blown the play shall cease until the referee again puts the ball in play. He shall decide at the close to whom the game belongs, and how the score stands.

Any points which do not fall within the jurisdiction of the umpire belong to the referee.



## THE UMPIRE.

*By James Naismith, inventor of the game.*

AS seen in Rule VIII., the umpire shall be judge of the men. His first duty will be to get well in mind the rules which govern the action of the men on the field. In all his decisions he must note that the spirit of the game is that there shall be no rough play, and that his duties are to see that no rough play occurs. He will remember that the rules as found in the book are merely to guide him in this matter, rather than a letter which cannot be broken, and if an occasion arises where a man is manifestly rough, even though he should not violate the letter of any rule, and should attempt to claim exemption



from a foul, it is the umpire's duty to rule according to the circumstances. He will find authority for this in the next to the last paragraph in the rules.

In order to be a successful umpire, a man must confine his attention entirely to the men during the time of play. There is a tendency on the part of umpires to follow the ball rather than to follow the movements of the men themselves. Thus, he requires a good deal of judgment, and should endeavor to locate where the ball is going to alight whenever it is thrown in the air, or should endeavor to locate the men who are about to receive the ball rather than to follow its flight. If an umpire will constantly keep this in mind, he will be able to detect fouls more quickly than if he does not thus concentrate his attention. It is absolutely essential that the umpire should pay the strictest attention to his business, and it is only by doing this that he will ever be able to watch from ten to eighteen men.

An umpire should give full scope for team play, and remember that a man is entitled to his position on the floor, and it is the man who pushes another out of the way upon whom the foul should be called. Thus, if a man stands still, with his arms extended, and another player rushes against his arms, you cannot call a foul on the former, because he has made no motion whatever, and were a man thus compelled to give way for an opponent, the play, of course, could not be carried on; but if this same man should show by his actions that he was endeavoring to get his arm around the other so as to hold him and keep him from getting away, it would be the umpire's duty then to call a foul on him. In this case, as in a great many others, an umpire must use his own judgment.

As for the rules themselves, Rule XI., section 16, is easily ruled upon. The object of this is to prevent injury, and if a man strikes with his fists, he may very readily use that as an excuse for striking his opponent. The ball must not be kicked. That does not mean that a man may not place his foot so as to stop the ball.

In Rule XI., section 17, a player cannot run with the ball.



YALE BASKET BALL TEAM.

This is to prevent roughness, because wherever a man is allowed to run with the ball, the opposing side must be given the privilege of stopping him. It was for this reason that all running was prohibited. So long as one foot remains on the spot where the ball was caught and the other swung around, it is not considered running.

The ball must not be held so that an opponent has not a fair opportunity of taking it away; this is the spirit of Rule XI., section 18. Thus, it cannot be held with the arms, legs or body; it must be handled entirely by the hands.

Rule XI., section 20, is inserted for the purpose of preventing rough play, and any roughness which does not come under the head of shouldering, holding, pushing, tripping or striking, is not, therefore, necessarily to be permitted, as this rule will show. A man is supposed to be a gentleman, and the moment that he shows himself to be other than this, then it becomes the umpire's duty to protect the other players. In order to aid the umpire in determining when a man is holding, it is well to consider that when a man has both arms around another, he is guilty of holding, for if a man has both arms around another, the umpire cannot tell whether he is holding or not, and for this reason it is well to rule according to this idea. This rule holds good outside of bounds as well as in.

Rule XI., section 37, is to prevent a team which is manifestly outplayed, from delaying the game, in order that the score may not be great.

Rule XI., section 15, is one which the umpire needs to watch carefully, because very frequently in the attempt which one man makes to get the ball from his opponent, he may strike the other player; yet he has full liberty to knock the ball out of the other man's hands.

It is often difficult to decide, when a man is dribbling the ball, whether he carries it or not. It is not permissible to dribble at all with the feet, but it is perfectly permissible to roll the ball along the ground, which might be called dribbling, so long as the hands leave the ball while it is on the ground; but merely shoving the ball along the ground will rank as a

foul, because in that case the opponent is not given an opportunity of getting the ball.

Again, jumping with the ball in the hands and touching the ground at each jump, is carrying the ball. Again, throwing the ball up on the palm of the hand is carrying it; but if the ball is thrown higher than the head, it would not be considered carrying. A man has no right to fall on the ball in the field of play; he would then render himself liable to have a foul called for holding the ball with his body, but a man accidentally falling on the ball would not thus be liable. Again, holding the ball against another man's body in order to have a foul called on him is not permissible; it should then be counted a foul on the person so holding, because he is really holding the man when he holds the ball against him. The spirit of the game is fair play, and this violates all the spirit of gentlemanly playing.

In League games between different associations, it is well to have the same men umpire all the games, if possible, as it is the fairest way of doing. It is needless to say that this man should have no interest in any of the teams of the League; especially should he not be the physical director, or anyone else coaching the team, because a man in that position will either be too strict on his own team or be blamed by the opponents for not ruling strictly enough; but in cases where it is impossible to get a man who understands the game, it might be better to permit the coach to umpire.



## THE CENTRE.

*W. E. Allen.*

THIS position requires an all-round player; one who can throw goals quickly and accurately; who can and will do good work with the forwards in passing; and one who can "cover" his opponent when necessary; that is, keep *him* from making goals. Another extremely valuable qualification in

any player, and especially at centre, is a cool, steady head that will keep every movement of the body in perfect control.

If, in making up a team, no one can be found possessing all the above-mentioned qualifications, it would be well to select first, the man who can follow the ball closely. By this is meant the ability to avoid the necessity of covering the opponent by always getting the ball before he does. This is a qualification which will come naturally or not at all, but is very valuable in this position; whereas, a little careful work will develop most, if not all the others. A second choice would be a good goal thrower. There are men who repeatedly make the most incredible throws for goal from the centre of the field. Such talent is always in requisition, and should be used when possible. As a last resort, a man may be used who is sure of nothing except keeping his opponent from making goals. Other things being equal, a tall man should have the preference, rather than a short one; and a man who never makes fouls, rather than one who does. A consideration of the best methods of play will show that conscientious practice and good judgment will enable any ordinary gymnasium member to do good work in the position.

According to the rules of 1896-97 the ball must always be thrown up whenever it is put in play. It will devolve upon the individual to determine what position he can best assume for success in getting the ball. If he has a decided advantage over his opponent in either height or jumping ability, the only question will be whether to strike it or catch it in both hands. It will usually be found necessary to strike. In any case, it should be placed with as much precision as can possibly be attained, for upon this the whole success of goal throwing by the forwards will often depend.

If caught in both hands it should be thrown quickly. As a firm grip cannot be obtained in this way, a quarter turn will sometimes have to be made in the air, so as to keep away from the opponent. It is well to remember that the good judgment of an otherwise inferior man will often give him the ball simply because he is cool enough to wait until he can make his hand

touch it at the highest point of his jump, while the other man jumps too soon or too late and loses the value of really superior physical power. Also, a short man can prevent a tall one from catching and throwing with both hands by waiting until he touches the floor, and then jerking it or knocking it from his hands, for he can neither throw while in the air, nor is his grasp firm enough to withstand a vigorous pull.

Sometimes it will be found that while standing beside a man he may most easily be outplayed. Other men will be better overcome by facing them most of the time; this is seldom true, however, and when it is, care must be taken not to take a run, as it is almost sure to result in one being knocked on the floor and a foul called on the other. Quite often a player will be found who can only be successfully matched by standing behind him; one reason for this is in the fact that the referee is very likely to throw the ball straight over the nearest man. He has to make a straight spring from the floor, while the one behind can have the advantage of a step or two, which may give him an inch more height in his jump. Much will depend upon the way the ball is thrown up. In trying to get it there are three things to study—the opponent's weak points, the referee's way of putting it in play, and any obstructions, such as gymnasium apparatus, etc.

After the ball is once in play, a good player will always try to have it when no one else on the same side has. He will never give an opponent a chance to get it, much less to throw it. It is an important point to make the other believe he is going to be in one place when he firmly intends to be in another. The opposing player should be kept so busy following that he will not have time to look for the ball. When one of his own side tries to throw it to him, he should never be allowed to get it. Of course, if a man is too slow or too obstinate to follow, he must be "covered" at certain times.

The Hartford Association has a rule which helps to hold the men who are interested in basket ball to the class work. On certain evenings, after the class work, there is basket ball practice. Those who are in the classes are given the first oppor-



tunity to form the teams. If, after all of these have been chosen who care to play, there are others who desire to come in, they may do so. Thus, if a man wants to be sure to play he comes into the class work. It works well.



## THE GUARDS.

*W. E. Allen.*

THE position of guard is usually considered to be the least desirable of any. This is so for several reasons. In the first place it carries with it the largest degree of responsibility. A little delay or mistaken movement on the part of a guard often means the loss of a game. Furthermore, he gets more adverse and less favorable criticism than any other player; and has few opportunities for brilliant passes or throws for goal.

It is not the place, then, for a man who must depend largely upon the stimulus of applause to keep him nerved up to the point of efficient play. This player must be energetic but cool-headed, quick but steady, daring but watchful. Height is of less absolute importance here than in either of the other positions. No player should be placed at guard who has a tendency to foul. It is better to use an inferior man and develop him than to put in one of the former class, only to have him disqualified in the middle of the season. In training a green man, it should be made imperative that he shall first learn to play without fouling. When this is well learned it is time to teach the other points of the game. This is a good plan to follow for the training of the whole team, but it is especially valuable in view of the greater temptation to foul at guard.

There are two things a guard should do—"cover" his opponent and watch the ball. The first is the more important; a player who does his work thoroughly in that respect may be pardoned for some lack in the other. By "covering" his opponent, it is understood that he simply prevents him from making goals;



LOUIS WELZMILLER, '94,  
Y. M. C. A. Training School.



that is, he watches him closely and knocks or pulls the ball out of his hands, or blocks the throw by jumping between the ball and goal just as the throw is made. This is practically all that some players do.

By "watching the ball," it is meant to include some very valuable points of play supplementary to the foregoing. The separation into a distinct requirement is made partly because of importance and partly because many players think that "covering" the forward is all that playing the position means. The ball should be watched, first, to enable the guard to judge as to where the opposing forward will be and what he will do; and, second, so that the guard himself may have time to reach and return it before that forward can get it.

Taking these points up together in considering good play, the following is suggested: The opposing centre should be studied for the purpose of finding out what play he may be expected to make. If he is always putting the ball in a particular place or making a particular play, well and good for the guard; he has only to anticipate that play. He should, however, always be on the lookout for change of tactics. If that centre is an uncertain player or one who has several different plays, it will be extremely difficult to often get the ball. If he belongs to the former class, the guard and his forward are on almost equal footing, with a possible advantage in favor of the forward through being accustomed to such play. In the latter case a lookout should be kept for signs between forward and centre, and the movements of the forwards should be closely watched. The forward will probably try tricks of running a few steps to this side or that, or something else calculated to confuse. He should be allowed to do so with perfect freedom so long as he does not get out of reach. Indeed, he may be caught at his own game.

If the guard wishes to have the ball dropped between centre and forward, he should play behind the forward. Then, when it is put in play, a quick rush will often secure it. This principle may be applied to a number of different relative positions. It should not be carried so far as to make the opposing players

expect it unless it be changed to something else the moment they do. For instance, if the guard has secured the ball by the above-mentioned rush, once or twice, he might reasonably expect that it would be sent back of him next. Therefore, instead of rushing forward, he should stand in place or take a step to the rear and set it again. A little play of this kind, if only successful two or three times in a game, will be of immense value in destroying the confidence of the forward and keeping him uncertain.

In trying to get the ball from an opponent, it is best to keep either beside or in front of him when possible. This is hard, but is really the only safe way to keep from fouling. It certainly appears that standing behind and stooping over an opponent with one or both hands by his side, is, in reality, holding. It is true that he cannot move without fouling, and it is surely no worse to hold a man with an arm than by the penalty of a possible goal or disqualification from a foul. Yet the above attitude is a favorite with many supposedly good guards. It is good play to get the ball away from an opponent; it is better to be the first to get it.

Another point of some importance is the manner of throwing the ball from one end of the field of play to the other. This refers more especially to a position out of bounds. It is so often noticed that when the guard gets it so, it is either blocked by an opponent or only goes half way toward the other goal. This is usually because so long a sweep is made with the arm that the opponent has time to judge the direction. By taking a position with the ball in one hand just back of the shoulder, as though about to "put the shot" and then giving a quick upward and forward motion, and allowing it to twist off the ends of the fingers, it may be thrown fifty or sixty feet, quickly, accurately and without much danger of blocking or much expended effort. The twist should be the same as for the "up-shoot" on a base ball, and if properly acquired, will keep the ball up without much speed. This movement is so short that even when the opposing player expects it he does not have time to block the throw. It can be learned in ten minutes or less.

No. 1. *Ques.*—In a game of basket ball "A" holds the ball with his hands and "B" goes after it and succeeds in getting his hands on it; "A" turns around quickly, drawing "B's" arm around "A's" body—this is not done accidentally, but intentionally—is this a foul on "B"?

*Ans.*—If it is perfectly evident that "B's" arm is around "A" through "A's" fault it is not a foul on "B."

No. 2. *Ques.*—Umpire and referee both blow whistles at the same time. Is the foul counted or is it the referee's ball?

*Ans.*—If umpire and referee both blow the whistle at the same time, the foul is called and the ball is put in play by throw for basket.

No. 3. *Ques.*—In case the umpire sees a foul, and, before he has time to blow his whistle, the referee quickly blows his whistle (for more than two holding the ball), should the foul be called, or ought the referee get the ball?

*Ans.*—The foul should be allowed, but this must not be interpreted to mean that a foul can be called a long time after it has been made. It must be called at once.

No. 4. *Ques.*—Is it a foul to drop or throw down the ball while running and catch it as it rebounds (thereby making progress)?

*Ans.*—It is not a foul to bounce the ball and catch it while running, thereby making progress.



## THE FORWARDS.

*W. E. Allen.*

THE position of forward is usually regarded as the most desirable of all. There is an exhilaration and peculiar kind of enjoyment about throwing for goal which is experienced nowhere else. Furthermore, after the throwing of a goal, a sense of satisfaction comes to even the most modest, which makes him forget any former mistake, and also makes him feel that he has done well, whatever else may come.

It is an absolute impossibility to pick out a forward by anatomical characteristics. Long and short, broad and thin, slow and quick men, have played the position and played it well. The choice is usually determined by the best showing in goal throws made in actual play. Men can nearly always be found who are naturally good in this, the essential qualification.

Quickness in movement from one place to another and in throwing the ball is very important. On many teams it is not an uncommon occurrence to see a good opportunity lost because of the slowness of one man in getting to the right point for throwing. Or the failure may be because of the length of time it takes another player to decide where to throw, or how. Again, it is often noticed that a player, after getting the ball in his possession, delays just long enough to give his opponent time to reach him and spoil the throw. The element of quickness in play, and especially in throwing, should be cultivated as highly as possible.

The usual play of forwards would indicate that they played for throws for goal rather than for goal itself. The distinction is not a wide one, but it will bear consideration. Two plays, as they have been witnessed, will be cited to illustrate. In the first instance, the ball was passed from one side of the field near the goal, to a man on the other. Although he was well guarded and in a poor position for throwing, he threw for goal and missed. The next will show what his better play would have been. Much the same kind of a pass was made; the ball was passed back; this was done once or twice. The man who made the first pass then bounded it on the floor until both backs attempted to cover him. By this time his fellow forward was almost underneath the goal, and with a clear field. A quick throw put the ball in his possession, and the throw was made. This was scientific basket ball. The two ways of playing will differ widely in the ratio of goals to throws for goal by the same team. Two different teams cannot very well be compared in this respect, however, unless used to the same floor, etc.

This being true, it seems that there should be a team within

a team, much as there is in base ball; that is, the forwards and one centre should form as distinctly a team as does the infield with base ball players. More men might be incorporated in this team if there were unlimited time for practice, but the average team would best undertake using but three in this way. This being done it should be understood that the rest of the team play into their hands. It must not be understood, however, that this excludes them from use for goal throwing whenever that is best.

The three should not practice alone, except an occasional ten minutes or so, when they wish to develop some especial combination. If they did it would not only spoil the solidarity of the team, but would make them lose the valuable work of the team as a whole, upon which they are so greatly dependent. Indeed, the work of the forwards would be of little avail should the centres and backs fail to help them get the ball.

There are many different ways of throwing for goal. Perhaps, it might be better to say that there are many modifications of three ways. The best of these might be given as the underhand throw, with either one or both hands. In this, the ball is kept in front of the body and thrown with a swing, usually from some point below the waist. It is the best, principally because it enables the player to keep the ball constantly in sight, so that he knows whether or not his throw will be interfered with. It also sends the ball more directly up than the next way, and so makes it more likely to stay in the basket.

The next is the overhead throw, with one or both hands, and is made by swinging the ball above or back of the head before giving the forward swing with which it is thrown. This is a very useful throw but is inferior to the above in the points just mentioned. Its greatest utility is for throwing over the head of the back when he is guarding from the front. The third way can be accomplished with either hand. It consists in getting the ball above the shoulder when underneath the goal, and pushing it up with enough turn to drop it in. It cannot well be done with both hands, as the muscles of the shoulder and side cannot so easily be brought into play then. If thrown



GRANITE BASKET BALL TEAM, MONTREAL, CAN.

Y. M. C. A. Champions, 1895.

Wm. G. Scott.

T. M. Brown.

E. D. Lee.

F. Shaw.

F. L. Benedict.

H. H. Field, Capt.

W. J. Cunningham.

A. J. Lee.

C. O'Hara.

W. O'Hara.



with both hands, it is usually found necessary to jump up, in order to make up for this deficiency by using the legs. This last is probably the best for that one position, although the overhead throw might be used. One who expects to be an efficient player should master all these ways and know when they can best be used.

The forwards should always have an understanding with the centre as to what play will be expected of them should he secure the ball. As a usual thing, unless a special play is arranged for, the forwards would both better stand about half way from centre to goal as the ball is thrown up. This will give no clue as to which is expected to get it, and will give each ample opportunity to get it before or behind himself or to change position, as the case may require.

*Ques.*—Suppose objections are made to the umpire's decisions, have the teams a right to appeal to the referee, and has the referee a right to decide the matter over the umpire?

*Ans.*—(See Rule VII.). The referee shall be judge of the ball. He shall decide when the ball is in play, to whom it belongs, and decide when a goal has been made. He is the superior officer of the game, and shall decide all questions not definitely falling to the umpire.

*Ques.*—When a free goal is to be thrown, can the thrower throw immediately the ball is given him, or must he wait for the word from the referee?

*Ans.*—He may throw it at any time after the referee gives him the ball or gives his decision in favor of a free throw.

*Ques.*—When there are three centres can any one of them touch the ball on being put in play by referee?

*Ans.*—There should be only one man known as centre; if the others touch the ball it is a foul.

*Ques.*—Can a player (not a captain), on whom a foul has been called address the umpire and claim no foul was made?

*Ans.*—No player but the captain can address the officials.

*Ques.*—Is holding the ball against the floor, in order to prevent an opponent from getting it, a foul?

*Ans.*—Only where it could be shown to be an intentional delay of the game.

*Ques.*—Can a foul be called on the captain of a team for disputing the umpire's decision?

*Ans.*—No; captains have a right to address the officials. If the dispute lasted long enough to delay the game, that would be another thing, and would be provided for.

*Ques.*—Is it not intended that the grounds or floor be divided into three divisions for backs, centres and forwards, and that the men be placed in these positions and compelled to retain them till the end of the game?

*Ans.*—It is not intended that the floor should be divided, and we do not think that it will promote the interest in the game to have it so. With regard to rough playing, that is entirely within the province of the umpire, and any infringement of rules covering that point should be dealt with promptly by him.

*Ques.*—What is the penalty when the lane six feet wide is not observed by the opponents?

*Ans.*—Another throw.



## TEAM PLAY.

*W. E. Allen.*

TEAM play demands good leadership on the part of the captain, cheerful obedience on the part of the men and unanimity of the whole team. The lack of any one of these is amply sufficient to explain the loss of a close game.

The instructor who wishes to have a winning team must pay strictest attention to the selection of a captain. A mistake in this respect will be sure of spoiling one season's work, if not more. *Natural* leadership is the most important characteristic. This is often present in the man of whom it would least be expected, and will only appear through actual practice in play. After selecting the natural leader of the team, the next thing will be to instruct him as to his duties. Many captains seem



to think that they are chosen to *command* the men, that they are very superior beings and must show it by swaggering about, shouting commands during the play and severely criticising their men in intermission. This is radically wrong.

The ideal captain will study his men carefully and treat them according to what he knows them to be. He will let each man know before a game just what will be expected of him, and will then show confidence in him by avoiding all harsh judgment. If a mistake is made, he will excuse rather than accuse. This will almost invariably result in better play and will be of great value in keeping the respect of the men. A domineering officer may have some measure of success in the severe discipline of the army, but will invariably fail on the playground. The leader will counsel with his men as to style of game, new plays, etc. He will study to be an example in himself of scientific playing. Of course, a cool head is essential.

Given such a captain, the instructor should see that he is well informed as to strategic points of play, and should teach him how to cover the weak spots in his own team and take advantage of the weak points of the opposers. He should make every effort possible to give the team confidence in their captain and respect for his opinion. This being accomplished, the captain will only need to suggest that certain things be done to be sure that his wishes will be complied with until a change is necessary. All this will be very conducive to unanimity. Occasionally there may be a little jealousy or ill feeling caused by one player's greater popularity or self-conceit. This must always be guarded against and carefully eliminated when found.

A team composed as above will be easy to organize and to teach. In fact, the making up of such a team is the hardest task many teachers will have in this connection. The work of individuals has been treated in former papers. All that now remains is to suggest means of co-ordinating the whole.

In the first place, the captain should insure himself of a pretty thorough knowledge of each man's whereabouts at any or every moment of a game, so that a quick word, look or

motion, will indicate to the one having the ball, the proper disposal of it should he be in doubt. It is much better to do this than to have each man on the team continually calling "here," "throw it to me," etc., etc., and then growling because it was not done at once. It necessarily takes any person longer to choose from a number than to act on the suggestion of one, and while the one person may sometimes direct wrongly, he will, in nine cases out of ten, secure quick and accurate passing, which is much more fruitful of good results than that which is slowly and confusedly done. It may be well to say here that quickness does not refer so much to the speed of the ball as to the decisive thought of the player. The one is unimportant, the other very valuable.

It would be a good thing also to keep the members of the team in certain uniform relations to each other. This could be accomplished by selecting one or two geometrical figures and teaching the men to adjust themselves quickly in those outlines in any part of the field of play. The value of this will depend somewhat on the ingenuity of the instructor. Another way of avoiding confusion would be to have the men occupy each other's places in a prescribed order of rotation when the ball is in play. In some cases it might be better to have the understanding that when in certain parts of the floor the players must occupy definitely stated positions. This is always best when the ball is out of bounds and in the possession of a member of the team. Of course, it must be understood that no stereotyped system of play will reach the highest measure of success.

## How to Use Basket Ball

*Luther Gulick.*

ONE of the interesting features of last year's work in its bearing upon this year's, is about the handling of basket ball by the Associations. In several places the game was played with such fierceness last year, the crowds who looked on became so boisterous and rowdyish, and the bad feeling developed between the teams so extreme that the game has been abolished *in toto*.

Reduced to its simplest form, this statement is merely that interest in this game has been so intense, both within and without the Associations, that it has run away from those who were handling it.

Some suggestions in regard to its use are, perhaps, not out of place. It should have a definite place in the weekly programme, which it is not allowed to exceed. Basket ball fiends should never be allowed to monopolize the floor except at the regular times provided for them. Regular class work should never be interfered with, and the game should be handled by the physical director just as much as he handles the dumb-bell drill or any other part of the work. It should never be allowed to run itself, nor should it be run by a group or clique of self-appointed enthusiasts; it will soon run wild. The rules must be strictly enforced. These rules are ample, where supported by the strong sentiment of the best men in the gymnasium, to entirely exclude roughness and ungentlemanly playing. If there is not this strength in the management of the physical department, so that such playing can be successfully discountenanced, basket ball should be discontinued in every instance. It is well to charge admission to all public games between Associations. This successfully excludes the rowdy crowd, and the home




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team must always be held responsible for the behavior of the crowd, and where by hissing and making uncomplimentary remarks about the officers or players, they raise an atmosphere that is not in accord with the gentlemanly, Christian character of the place, the game should be stopped until such decorum is restored, and if it cannot be restored, the game should be discontinued. There must be emphatically a master to the situation.

We have yet to hear of an Association or club which has worked in accord with these suggestions, which are merely the outcome of common sense, but what has received benefit from the use of the game. In the places in which it has been discontinued, we understand that the officers have not enforced the rules in regard to roughness and ungentlemanly playing; the home team has not been held responsible for the character and behavior of the spectators; admission fees have not been charged, and, in some instances, the imperative demand of a few men for basket ball, has generally allowed them the freedom of the floor, to the entire detriment of those who wished to do gymnastic work.

The fact that basket ball has aroused so much interest as to bring on these very difficulties and dangers, indicates to us that that there is power and usefulness in it, provided it is rightfully guided. Uninteresting things will never run riot; it is the interesting and fascinating affairs which have in them the greatest capacity for evil as well as for good.



# Official Rules

1896-1897.



## RULE I.

### GROUND S.

SECTION 1. Basket Ball may be played on any grounds free from obstruction, said grounds not to exceed 3,500 square feet of actual playing space.

SEC. 2. There must be a well defined line marked around the floor or field. The side boundaries shall be at least three feet from the wall or fence. The end boundaries shall be directly below the surface against which the goal is placed. This line shall form the boundary of the field of play.

## RULE II.

### BALL.

SECTION 1. The ball shall be round ; it shall be made of a rubber bladder covered with a leather case ; it shall be not less than 30 nor more than 32 inches in circumference ; the limit of variableness shall not be more than one-fourth of an inch in three diameters ; it shall weigh not less than 18 nor more than 20 ounces.

SEC. 2. The ball shall be provided by the home team ; shall be tightly inflated and so laced that the ball cannot be held by the lacing, and otherwise in good condition.

SEC. 3. The ball made by A. G. Spalding & Bros., and bearing the signature of the Secretary of the A. L. N. A. shall be the official ball.

SEC. 4. The official ball must be used in all League games.

## RULE III.

## GOALS.

SECTION 1. The goals shall be hammock nets of cord, suspended from metal rings 18 inches in diameter (inside). The rings shall be placed 10 feet above the ground in the centre of the short side of the actual playing field. The inside rim shall extend 6 inches from the surface of a flat perpendicular screen or other rigid surface measuring at least 6 feet horizontally and 4 vertically. If a screen is used it must not extend more than one foot below the upper edge of the goal.

SEC. 2. The goals shall be rigidly supported from below. There must be no projections beyond the sides nor above the upper edge of the goal.

SEC. 3. The goal made by A. G. Spalding & Bros. shall be the official goal for 1896-97; but this shall not be construed to exclude the use of official goals that were purchased last year.

## RULE IV.

## TEAMS.

SECTION 1. Teams for League games shall consist of five men.

SEC. 2. In League games all players must have been bona fide members of the Association, Branch or Department which they represent for at least thirty days.

SEC. 3. In League games no member of one team shall play or act as substitute on any other team in that league.

SEC. 4. Physical Directors or their salaried assistants shall not play in League games.

## RULE V.

## OFFICIALS.

SECTION 1. The officials shall be a Referee, two Umpires, a Scorer and a Timekeeper.

SEC. 2. In each League game the local governing committee shall pay the actual expenses of the officials.

## RULE VI.

## CAPTAINS.

SECTION 1. Captains shall be appointed by each side pre-



vious to the commencement of a match ; they must be players in the match.

SEC. 2. The captains shall be the representatives of their respective teams.

SEC. 3. The captains shall toss for choice of goals and be entitled to call the attention of the officials to any violation of the rules which they think has been made.

SEC. 4. Before the commencement of a match each captain shall furnish the scorer with a list of his team with their positions.

## RULE VII.

### REFEREE.

SECTION 1. The Referee in all cases must be a thoroughly competent and impartial person, and shall not be a member of either of the competing associations.

SEC. 2. In all but League games, the home team shall choose the referee, but shall notify visiting teams of such selection not later than four days before the date fixed for the game. Any team neglecting to send such notification within the limit specified shall forfeit to visiting clubs the right to appoint the referee.

SEC. 3. In all League games the referee shall be selected by the League Committee.

SEC. 4. Before the game begins the referee shall see that the regulations respecting the ball, goal and grounds are adhered to. By mutual agreement of the captains, the referee may allow alterations in the rules regarding grounds and time, but not in goal, ball or teams. The referee shall ascertain before the commencement of the game the time for beginning, or any other arrangements that have been made by the captains.

SEC. 5. The referee shall be judge of the ball. He shall decide when the ball is in play, to whom it belongs, and when a goal has been made.

SEC. 6. The referee shall approve of the timekeeper and scorers before the game begins.

SEC. 7. Whenever the ball is put in play by tossing it up,



the referee shall stand so that he shall throw the ball in a plane at right angles to the side lines.

SEC. 8. The referee shall call time when necessary by blowing a whistle.

SEC. 9. The referee shall call a foul when any officer is addressed by any player other than the captains.

SEC. 10. He is the superior officer of the game and shall decide all questions not definitely falling to the umpires, but shall have no power to alter a decision of the umpires when it is in regard to matters under their jurisdiction.

SEC. 11. Any team refusing to play within three minutes after receiving instructions to do so from the referee shall forfeit the game.

SEC. 12. The referee's term of office shall only extend from the time the game begins until it is concluded, and his decision awarding the game must then be given. His jurisdiction shall then end and he shall have no longer any power to act as referee.

SEC. 13. The referee shall have power to give the game to the visiting team in accordance with Rule XI., section 35.

SEC. 14. The referee shall disqualify men according to Rule XI., sections 20 and 38.

SEC. 15. The referee shall notify the Secretary of the Basket Ball Leagues whenever a player has been disqualified, giving the player's name, date, place, name of team and nature of the offence.

## RULE VIII.

### UMPIRES.

SECTION 1. The umpires in all cases must be thoroughly competent and impartial persons, and shall not be members of either of the competing associations.

SEC. 2. In all but League games, the visiting team shall choose the umpires, but shall notify the home team of such selection not later than four days before the date fixed for the game. A team neglecting to send such notification within the limit specified shall forfeit to the home club its right to appoint the umpires.



# CENTRAL Y. M. C. A., CHICAGO, ILL.

Champions of Chicago Association and City Leagues, 1895-96.

Bestow.	Bassett.	Marshall.	Swett.	Kellogg.	Reynolds.
	McBean.	Seyl.	Haser.	G. W. Ehler.	Buss.
		W. B. Millar.	Reckard.	F. E. Johnson.	Nowak.
					Krafthefer.

SEC. 3. In all League games the umpires shall be selected by the League Committee.

SEC. 4. The umpires shall be judge of the men, shall call all fouls, except as provided in Rule VII., section 9.

SEC. 5. The umpires shall make their decisions independently of each other, and a foul called by one shall not be questioned by the other.

SEC. 6. Whenever a foul is called the umpire calling it shall call time by blowing a whistle, and indicate the offender. He shall notify the scorer of the player fouling and the nature of the foul.

## RULE IX.

### SCORER.

SECTION 1. The scorer shall be appointed by the captain of the home team.

SEC. 2. He shall notify the referee when a player should be disqualified, according to Rule XI., section 20.

SEC. 3. Official games shall be scored according to the details in the official score blanks.

## RULE X

### TIMEKEEPER.

SECTION 1. A timekeeper shall be appointed by the captain of the home team.

SEC. 2. He shall note when the game starts and shall blow his whistle at the expiration of twenty minutes' actual playing time in each half.

SEC. 3. Time consumed by stoppages during the game shall be deducted only on order of the referee.

## RULE XI.

### THE GAME.

SECTION 1. A goal made from the field shall count 2 points ; a goal made from a foul shall count as 1 point.

SEC. 2. The referee shall put the ball in play by tossing the ball up in a plane at right angles to the side lines so that it will drop near the centre of the field, which shall be indicated by a conspicuous mark. This is to be done at the opening of

the game, at the beginning of the second half, and after each goal.

SEC. 3. After the referee puts the ball in play in the centre, it must be first touched by one of the centre men, who shall have been previously indicated to the umpire. Violation of this rule constitutes a foul.

SEC. 4. After time has been called the referee shall put the ball in play by tossing it up in such a manner that it will drop near the spot where it was when time was called, unless it was held out of bounds. In this case play shall be resumed at the whistle of the referee, as if time had not been called (Rule VII., section 7).

SEC. 5. The two opponen\*<sup>s</sup> nearest this spot when time was called shall be the first to touch the ball after play is resumed. They shall be indicated by the umpires.

SEC. 6. When the ball is held by two or more players for any length of time the referee shall blow his whistle, stop the play, and throw the ball up from where it was held (Rule VII., section 7; also Rule XI., section 5).

SEC. 7. Whenever the ball is put in play the players who are to first touch the ball must not stand further than two feet from the spot where the ball is to fall.

SEC. 8. A game must be decided by the winning of the most points in forty minutes' playing time.

SEC. 9. In case of a tie the game shall continue (without exchange of goals) until either side has made 2 additional points.

SEC. 10. If the goal is moved by an opponent when the ball is on the edge of it, 1 point shall be scored.

SEC. 11. The game shall consist of two halves of twenty minutes each, with a rest of ten minutes between the halves. This is the time of actual play. These times may be changed by mutual agreement of the captains.

SEC. 12. The teams shall change goals at the end of the first half.

SEC. 13. When a foul has been made the opposite side shall have a free throw for the goal at a distance of fifteen feet from

a point on the floor directly beneath the centre of the goal, measuring towards the opposite goal. The player having a free throw shall not cross the fifteen foot line until the ball has entered or missed the goal. If this rule is violated, a goal, if made, shall not be scored, and, if missed, the ball shall be dead and put in play in the centre.

SEC. 14. No player shall stand nearer than six feet to the thrower, nor in a lane six feet wide from the thrower to the goal, nor interfere with the ball until after it reaches the goal. He shall not be interfered with in any way whatever, either by player or spectators. If this rule is violated and a goal is not made, he shall have another throw. If the goal is not made, the ball shall be considered in play.

SEC. 15. The ball may be thrown or batted in any direction with one or both hands.

SEC. 16. The ball shall not be kicked or struck with the fists. Violation of this rule is a foul.

SEC. 17. A player shall not carry the ball while in bounds. He must play it from the spot on which he catches it. Allowance is to be made for one who catches it while running, providing he throws it at once or stops as soon as possible. This shall not be interpreted as interfering with a man's turning around without making progress. Violation of this rule is a foul.

SEC. 18. The ball shall be held by the hands only. The using of any other part of the body to hold or assist in holding the ball constitutes a foul.

SEC. 19. There shall be no tackling, or holding or pushing of an opponent. The arms shall not be used in any way to interfere with the progress of a player who has not the ball. Grasping the clothing or person of a player with the hands or putting one or both arms about a player shall be called holding. Violation of this rule constitutes a foul.

SEC. 20. There shall be no shouldering, tripping, striking, kicking, hacking, or intentional or unnecessary roughness of any kind. Violation of this rule constitutes a foul, and the referee may, for the first offence, and shall, for the second offence, disqualify the offender, for that game and for such

further period as the committee in charge of that league shall determine ; except that disqualification for striking, hacking, or kicking shall be for one year, without appeal.

SEC. 21. A substitute shall be allowed for a player who has been disqualified, and the foul made by him shall be counted.

SEC. 22. Whenever, because of sickness or accident to a player, it becomes necessary for the referee to call "Time," play must be resumed in five minutes. If the injured player is unable to resume play by that time, a substitute shall take his place, or the game start at once without him. If a substitute takes his place he cannot play again during that game.

SEC. 23. The ball is out of bounds only when it has completely crossed the line.

SEC. 24. When the ball goes out of bounds and rolls or bounces in again, play shall continue, even though a player may have touched it when out of bounds ; except, *if the whistle of the referee is blown, the ball shall then be put in play as though it had not returned to the field of play.*

When the ball goes out of bounds and remains there, it shall be returned by the player first *touching* it. There shall be no interference with his returning it ; that is, no portion of the person of an opponent shall be outside of the field of play. The ball may not be touched by an opponent until it has crossed the line. If either of these rules is violated, the ball is to be returned to the player who had it and the ball again put in play at the original place.

He may throw the ball in any direction into the field of play from any spot (outside of bounds) on a line drawn at right angles to the boundary line at the point where the ball crossed it. The ball must be *thrown* into the field of play. When either of these rules is violated the ball shall go to the opponents at the same spot.

He is allowed five seconds to hold the ball, and if he holds it longer, it goes to the opponents. In case of doubt in the mind of the referee as to which player first touched the ball, he shall toss it up into the field of play at the spot where the ball went out.



SEC. 25. When the ball is *batted, rolled or passed* from the field of play in order to *claim exemption* from interference, it shall be given to the opponents at the point where it left the field of play. When it is passed to a player out of bounds, the ball shall be given to the other side. *Carrying* the ball from the field of play is a foul (Section 17).

SEC. 26. A goal scored by a player while any part of his person touches the floor out of bounds shall not count. In such a case the ball shall be put in play in the centre of the field.

SEC. 27. If a player throws for the goal and the whistle of the referee, umpire or timekeeper sounds while the ball is in the air, and the throw results in a goal, it shall count.

SEC. 28. When the umpire's whistle sounds simultaneously with either the referee's or timekeeper's, the umpire's shall take precedence.

SEC. 29. A goal scored before the whistle can be blown for a foul made by the team scoring shall not count, but if a player while throwing for the goal is fouled by an opponent and succeeds in scoring, both shall be counted.

SEC. 30. If only one team puts in an appearance on the appointed day, the team complying with the terms agreed upon shall be declared the winner of the game by default.

SEC. 31. When it happens, however, that neither team is ready to begin playing at the hour appointed for the game, the team which completes its numbers first cannot claim a default from its opponent. The latter shall be entitled to fifteen minutes additional time, and if then unable to present a full team, shall, if required by its opponent, be obliged to play short-handed or forfeit the game.

SEC. 32. A team defaulting or forfeiting a game shall be declared the loser by a score of 2 to 0.

SEC. 33. There shall be no protests against the decisions of the officers except in regard to interpretation of rules.

SEC. 34. Any remarks on the part of a player during the progress of the game derogatory in any way to the officials shall be called a foul.

SEC. 35. The home team shall be held responsible for the





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behavior of the spectators. Failure to keep them from interfering with the progress of the game or from discourteous conduct, shall, after a warning, make the home team liable to forfeit the game.

SEC. 36. In case of any doubt on any point, *in the mind of the referee or umpire*, arising from the presence of the spectators, the visiting team shall have the benefit of the doubt.

SEC. 37. Any persistent intentional delay of the game shall be counted as a foul against team so delaying.

SEC. 38. The referee shall promptly disqualify any player using profane or abusive language.

## RULE XII.

### FOULS.

SECTION 1. All fouls shall be called by the umpire, except as provided in Rule VII., section 9.

SEC. 2. Fouls are classified according to their penalties as follows:

*General*—1. Players addressing officers (Rule VII., section 9). 2. Touching ball in centre (Rule XI., section 3). 3. Kicking or striking ball (Rule XI., section 16). 4. Carrying ball (Rule XI., sections 17-25). 5. Holding ball (Rule XI., section 18). 6. Tackling, holding, pushing opponents (Rule XI., section 19). 7. Delaying game, Rule XI., section 37).

*Fouls for which players may be disqualified—Roughnesses*—1. Striking. 2. Kicking. 3. Shouldering. 4. Unnecessary rough play. 5. Tripping. 6. Hacking.

Officials are expected to be strict as possible, both with players and spectators. In all cases not covered in these rules officials are to use their own judgment in accord with the general spirit of the rules.

All the questions pertaining to the interpretation of the rules may be referred to the Basket Ball Committee of the Athletic League.

## Basket Ball for Women

*Dr. Edward Hitchcock, Sr., Amherst College.*

IN these days, when so much is attempted to be done for the bettering of women, from the child marriage and suttee of India to the right to an equal vote with man in a New England town meeting, I think that basket ball for our girls and young women is a step forward.

I am satisfied that for boys and girls we must do more for hardiness, pluck, resolution, endurance and resistance against the enervations of luxury, ease, culture and mere money. Our young people must learn more how to meet a draught of air, a little moisture, some vigorous physical exertion, and make nothing of it or be injured by it.

Men and women are not tenderfeet when running a journal, giving a platform speech, or ordering a hack driver; but are mightily afraid of catching cold or straining themselves when obliged to run to a car, do college exercise, or any extra exertion where there is but a very slight physical or meteorological exposure.

And why is it? Simply because they are not practiced or inured to ordinary exposure to wind, weather and an occasional hard knock. They are afraid if a little wind blows on them, if the air is damp or the feet or clothing get a little wet that they shall catch a cold or something worse.

Now, a person who regularly is in a draught or wind, and who sometimes comes in with wet feet and clothes, is not going to be one who will "catch" anything; in fact, nothing can catch such a fellow.

Hence, our games of base ball and foot ball, which compel our young men to meet all kinds of wind, sun and weather, are just insuring them against any danger from so-called exposure.

Foot ball, with its indoor practice, is toughening the muscles and bones of our young men and enlarging their lungs, so that they can meet the winds of heaven on bare heads and shins, and sprawl around on mother earth, wet, dry or frozen, and suffer none of the "malaise" which comes to the dainty man who consults the weather prophet before he will say his body is his own, or starts out in the morning.

But girls can't play foot ball to toughen and harden themselves; too much long hair, too broad hips for the sharp and heavy runs, and too narrow shoulders for a "tackle;" and they are not so tall, heavy or capacious of lungs as are their otherwise masculine co-equals.

But basket ball seems to be stepping in as a kind of complimentary foot ball game for woman development. It requires hardihood, alertness, quick perception and volition, without the excessive energies required for the man's game. Nevertheless, the timid, undeveloped and very gentle girl will not readily take to basket ball at first, and such should not be urged; let the growth be a little slow.

Let the mission of basket ball then, be, to give a more vigorous and hardy kind of physical development to our college and school girls; something to educate them that they are not jelly babies to be always set down as the weaker vessel, and so delicately handled that we shall still continue to regard them as only our pets and idols, to be worshipped and adored as beautiful and attractive, but as co-servants in God's great earthly kingdom.



*Alice Bertha Foster, M.D., Bryn Mawr College, Pa.*

A SMALLER expression of the same opposition which met the first advent of the women's gymnasium has been called out by the growing popularity of athletic sports for women.

I cordially respect the conservatism which acts as the balance wheel of our social life, and I have as little sympathy as

any one with the restless sway of enthusiasm from this to that, for no other reason than the attraction of novelty. But I think athletic games for women have other value and I should like to persuade a few of the doubters to see it so.

One of our authoritative writers on social problems, in naming five causes for women's grievance in the matter of lower wages, gives prominence to what seems to me a perfectly justifiable charge. Women, he says, do not, as a rule, expect to be always self-supporting, and for that reason do not throw themselves into a trade or profession as a life work. They do not prepare themselves as thoroughly, and so are industrially worth less. Of course, there are honorable exceptions, and they are numerous enough to convince us that it is not a necessary inferiority of sex. The possibility of a different provision, and a totally different occupation, through marriage, has the same relaxing effect on resolute ambition in women that a great lottery like the Louisiana had upon a whole population, because it offers a vague chance of that which shall make the present business unnecessary.

A boy is thrown on himself from the first; whatever he is to attain he must win for himself. A girl is never, from her cradle up, so spurred on to her utmost in every direction as is the "little man." She is not expected to be resourceful. She is held back rather than pushed forward; and as for physical prowess, it is rather tolerated than demanded. The question of athletics for girls has direct bearing on this.

What do games offer a girl? An incentive and an opportunity. She cannot play too well. The best she can possibly do falls short of her ideal. A good antagonist is a continual spur, and the stimulus is reciprocally productive. She learns (perhaps for the first time) how to abandon herself completely to an end. The practice in concentration and extreme effort is invaluable.

Nor does the benefit stop with the game or the subject. If so, it would be worth something as an item in physical development, but not what I am claiming for it. It is for the girl's character as a whole that my plea is offered.

According to Prof. William James, habit so controls our lives that the mere making of an effort, if consistently repeated, irrespective of its special object, makes all effort making, as an act of will, easier thereafter. He even says that it is worth while to make unnecessary efforts, that the power of determination may not have grown weak when some great need may come.

I believe, that in athletics, the regular repeated sacrifice of ease and timidity for the sake of the game, the straining to the limit of ability lest "the side" fail of any least gain, has a definite effect on the girl's character. By the law of ease, by repetition, our basket ball girls have made one step toward the ability to put entire attention and concentrated earnestness into their life work, and to make every exertion tell to its utmost. No matter in what direction, the successful making of a strong effort makes the next easier, although it be in some totally different line. Let the individual woman, if unmarried, give money's worth for money, and work with men, not only with equal freedom but with equal ability, for equal pay. Her commendation should no longer be "good work for a woman," but good work for any one.

The habit of calling on our powers for their utmost, and producing the desired response can be formed by practice. That is the greatest thing that athletic contests do for girls. Competition is the rule of life. Powers are developed by the demand for them. The strongest survive; not the strongest muscularly or physically, but those that can produce the greatest result by perfect control of powers. If women are to enter the struggle for existence single-handed, as so many will, just this training is to be worth a great deal; let them get the habit as they may and confirm it by every possible means. Competitive games are a pleasant and useful way. If, on the other hand, the girl is to be one of the mothers of coming men and women, it is just as desirable for them as well as for her that she shall have trained brain and an educated will.

Another gain of "habit" is, to refer once more to Prof. James, that future efforts calls less expenditure of nervous





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force. Ease by repetition lessens the nervous impulse required, and so reduces this strain which tends to "Americanitis."

Intensity of effort and strength of purpose are not, however, the only gain. In competitive games, quickness of observation, promptness in grasping the situation, are essential to good play. These are also valuable in daily life. The proverbial woman who walks up to the head of a queue does not do it with deliberate intention of taking a dishonorable advantage, but because she does not perceive the situation, and infer her own proper part in it. She is the woman whose observing has always been done for her. A very small per cent. of "girl bachelors" ever would do that. May not women be trained to be observing for themselves before they are married?

Accident insurance tickets exclude women. That is not political jealousy, it is business experience. Many of the casual accidents to women in traveling are due to hampering dress; many to small actual strength, but many happen because women are less quick than men to see a danger, see a way to escape and take it. They need training to understand the case and act accordingly. An electric car conductor said enthusiastically as a certain woman sprang on to a rapidly moving car: "You deserve to be waited for; if all the women could get on a car like that we'd have fewer accidents."

Much prompt action, quick planning and many rapid decisions are absolutely required in every good game. Hesitation, indecision, slowness are overcome. The physical quickness alone is a precious acquisition; the unconscious action of firm and swift grasp, for instance.

Accuracy of work is one of the habits that women most need to acquire. At a recent game, while freshmen were playing against juniors, it was pathetic to see how often the freshmen had the ball, even close by the goal, but how hopeless it was to put it in, or even retain it. I do not argue that tossing a ball into a basket is a woman's work in the world, but that accuracy in one thing tends toward accuracy in others.

Power of self-restraint is another effect worth gaining.

First, in the play itself. For instance, both arms around an opponent is reckoned "tackling," hence, "foul." Girls who plead that they "cannot remember" soon learn that they can, rather than lose a game on fouls; so in the wildest battle for the ball, one arm is flung out, to be seen of the umpire.

Second, in "training" there is less gain for girls than men, because they have fewer injurious habits to renounce, yet the small self-denial in regularity of sleep, food, etc., is of use.

But of more value, is the rigid discipline, to which they are not accustomed. It is another phase of accuracy—exactness of obedience. The difference between obedience to the gymnasium teacher and to the elected captain, is, in little, like that between the feudal obedience to authority and the modern labor regime of voluntary contract.

This is even more fully brought out on the field, where the player must frequently yield, and not only to the captain, whom she has agreed to obey; but she must often give way to fellow players and forego personal opportunity and glory for the sake of a better stroke for the side, made by a comrade. To yield prominence in play is sometimes very hard for ambitious beginners.

As a rule, women who enter the game show a remarkable change in a short time if they have been of the timid sort. The growing sense of ability removes fear of being hurt, and so opens wide possibilities. The experience of quick recovery from slight injuries adds the courage of not minding the pain if it comes.

One more point seems to me worth urging; it is the gain in unconsciousness of self. It is natural, trained always to consider how they look, that girls should feel intense diffidence about appearance. But the interest in the game, the result, the score, transfers her self-consciousness to the organization, and enthusiasm for "the team" overpowers the smaller feeling. Nobody smiles over a fall or a failure; it is lost in what happens next, and the subject has neither time nor reason to feel mortified. I have seen a girl dashing out of bounds for a ball, trip and turn a complete "roll over," but *get the ball*, and re-

turn with it as grave and intent as Le Page's Joan of Arc, without the slightest thought of finding it funny. The personal feeling is changed from pride in looking to pride in doing. The mind is fixed on the thing to be done, not on the appearance of the doing, so the thought is carried out of self.

But in all such argument I hope that no one will misunderstand that I speak of appropriate sports for women. That women could attain the powerful physique of men appears very probable; that they will seems quite the reverse; and whether it is in any way desirable that they should is a question that may be left for another century to raise.

A nation begins with a handful of men and women deeply in earnest, practical, surviving from among others because exerting more force and will. When the start is well made, the inertia of motion and the widening of borders leave protected room within, where men may become less practical, and some even do nothing at all toward helping the whole. Softening of moral sinew, relaxation, flippancy, lack of earnestness, are the well-known signs of national weakness. Cannot we aid our nation as well as our individual, by helping to train a generation of mothers with more strength of purpose, with a habit of making effort supreme, of using their powers to their limit, of seeing larger ends than personal ones, and of proper rest and care of self for the sake of the better work that will result?



### *Senda Berenson, Smith College.*

THE value of athletic sports for men is not questioned. It is a different matter, however, when we speak of athletics for women. Until very recent years, the so-called ideal woman was a small-waisted, small-footed, small-brained damsel, who prided herself on her delicate health, who thought fainting interesting and hysterics fascinating. Wider and more thorough knowledge has given us more wholesome and saner ideas. The fainting, hysterical maiden is now treated as a nervous

patient, and in her place is put the glowing, happy creature who advocates strongly "*Mens sana in corpore sano.*" She does not go into athletics to outdo or imitate her brother, as some would have us believe. She does not run the danger of having professionalism creep into her athletics. She realizes more and more that by developing her body by as scientific and thorough means as her mind, making the former a means for the latter, does she reach the highest development of true womanhood.

Nowhere is there quite the opportunity for physical training, unless it be a normal school for that purpose, as in a college. The college girl lives by her schedule. Every hour is filled, but no hour offers a dozen things that clamor to be done at once. She has her lecture hours, study hours, hours for gymnastics and recreation. Physical training in colleges is fast becoming recognized as important as mental training. Class drills and individual work in the gymnasium are not taken now merely for fun or because they look pretty, but as a means of harmonious physical development. From interest in gymnasium work has developed a greater interest in athletics. It is the purpose of this article to speak more fully of basket ball, the game that has helped to develop the athletic spirit in women more than any other, that has given us the best results and aroused the greatest enthusiasm.

Women have long felt the need of some sport that would combine both the physical development of gymnastics and the abandon and delight of true play. Gymnastic work develops the best physical possibilities in the bodily apparatus; gymnastic games and athletic sports, when used intelligently, not only become a part of gymnastics by furnishing one way of developing those physical possibilities, but as an outcome of that which gives the individual an opportunity to try those possibilities as he will and does in life. This lack of some suitable athletic game for women is well filled by basket ball, as it is a game that requires the action of every part of the body, that develops physical courage, self-reliance, quickness, alertness; and no one who has ever seen it played can question the enthusiasm it arouses.

When the game was described in *Physical Education* two years ago, we immediately saw its great possibilities, and forthwith began to play it. It became popular at once. One of its greatest advantages is that it can be played indoors as well as outdoors; in fact, most of its rules are made with regard to the possible dangers of a gymnasium. We had tried several gymnastic games, "hanging cats," for instance, but as a game of that sort can never be developed to any extent, the interest in the game for itself soon waned.

Basket ball not only created interest at first, but the interest continually increased. We played it for a while strictly according to the rules given by Mr. Naismith, the originator of the game, but as Mr. Naismith probably planned the game more for men than women, we found that we should have to change a few rules and make a few others in order to adapt it more to our peculiar needs and to get the best results from it.

The great danger of the game is its tendency to roughness. Every precaution taken to ward off this danger seems not only desirable but necessary. In the original rules a player is allowed to take the ball from his opponent's hands. This proved to be a great encouragement to roughness. By prohibiting snatching from each other, and not allowing any one to hold it longer than three seconds, under the penalty of a foul, we did away with that tendency and yet kept the ball continually in play. A player is allowed to bat the ball after it has left her opponent's hands, not otherwise. This has developed fine jumping, as often a player, by jumping quickly and intelligently, can bat a ball to one of her own team after it has been thrown by an opponent.

In our annual game between the freshmen and the sophomores, an unusually quick and graceful girl, seeing what might be a good chance at the other side of the gymnasium, ran quickly, and, while at full speed, jumped fully two feet, caught the ball, and, in the same instant, threw it to one of her own players. It was a play that Brewer would not have been ashamed of, and a beautiful sight indeed.

We also found that allowing the players to run all over the

gymnasium led to several bad things. It encouraged individual playing, discouraged team work, overworked the ambitious ones and gave comparatively no work to many. The larger the gymnasium, the greater is the difficulty. To do away with these difficulties as much as possible, we divided the gymnasium by chalk lines into three equal parts; one for the home men, one for the centres and one for the guards. We allowed these to run in any part of their own field. In this way we insured almost equal playing for every one on the team. The indefatigable players found it hard at first to be stopped by a chalk line, but even they preferred it after a while to the old method. Among a number of players in any game, one will always find two or three who take the lead and do most of the work if not bound by rules. To have definite rules and to adhere to them, seems to me the essential thing in any kind of work where a number are employed. Team work should be encouraged from the first, as by faithful team work only can one get the most scientific playing and best physical results.

The more one plays this game the more scientific does it necessarily become, and although a great deal of fun and recreation can be obtained from playing it without methodical work, the only way to create a permanent interest is to put a great deal of thought into it. A good way to reach scientific playing is to practice certain elements in the game by themselves, leading up gradually to thorough team work. We have found it of advantage to begin by playing a simple running game of "tag," or better still, "hanging cats." These teach ease in running and quickness. We then practice simple ball throwing without running, overhead throwing, underhand throwing, high ball, low ball, etc. This, of course, leads into catching the ball while running, and stopping short immediately after the ball is caught; in fact, developing good all-round playing. We then practice special playing. Home men make a particular point of throwing the ball into the basket, as that is their peculiar work. The goal men or guards practice batting the ball and jumping for it, as it is their business to prevent the home men from making goals. The guards hold very important positions,



as the victory of the game depends more on them than on the other members of the teams. They should be strong, large girls, who have a great deal of endurance, who can jump high and reach well. The centres should be quick, light girls, as they have more running to do. They have the best chance for combination playing, also good opportunity for interference. Two players can practice interference well by themselves. One throws the ball and runs for it while the other runs to prevent her from getting it by catching it herself or batting it away. This should be done, of course, without snatching, shouldering or pushing. It is a good play for every one on the team to practice, as it teaches alertness and self-reliance.

The more the opponents of the teams watch each other, the better will the game be. In addition to this close observation of her antagonists, a player should always have one or two of her own team with whom she does most of her work. And here comes in a great deal of the head work, for a player must not only track her opponent and not be caught unawares, but must feel what the players on her side mean to do. This has brought about several good plays, carefully thought out and practised beforehand, the best of which is the triangle. The object of this triangle is to work the ball to your opponent's basket by a series of zigzag throws done by three players who work for each other. Any number, however, can play it; in fact, the one that has given the best results is done by two guards, three centres and two home men, thus:

When it reaches No. 7 she quickly throws it to the home man near the basket, who very often makes a goal by this manœuvering, as the opponents are busy breaking up the triangle. Two of our home men often gained a point by playing this with two centre men. One of our freshmen invented a good play. She threw a low ball against the wall at such an angle that it bounded back into the hands of one of her own players who was watching for it.

Sometimes these plays weaken the game; for instance, a player found that by deftly bouncing the ball, she could get it to whatever place she pleased without giving any chance to her



opponent to get it away from her. It was a fine play; in fact, it was so appreciated by the whole team, that immediately after the game everybody began to bounce the ball, and after a little while several of the players did no throwing whatsoever. This was done away with by making a rule to the effect that a ball bounced more than three consecutive times made a foul.

The originator of the game has done very little advertising, but it has had the best; it is its own advertiser. A teacher of physical training has only to see it to introduce it into his own gymnasium. It is of the greatest value when used intelligently. It not only uses every part of the body but develops co-ordination of muscles, and hence, suppleness to a marked degree. People have said to me, "How can those girls who are rushing toward each other for the ball possibly stop in time?" And indeed, one's heart jumps to one's mouth at times, but they develop such good control of their muscles that seldom do they hit each other, and never leave more than a scratch. It is a splendid game to cultivate physical courage. Timid students who are afraid to jump a low rope, who say with a pale smile that they are not made for athletics—meaning anything in the world except making a ball of themselves over a book—get so interested, that before they know it, they are in the midst of the runners.

It also cultivates self-denial, as it teaches to give up one's own honors for the good of the whole, and gives good opportunities for self-control and gentle manners, all of which form such a great part in the development of character and true womanhood.

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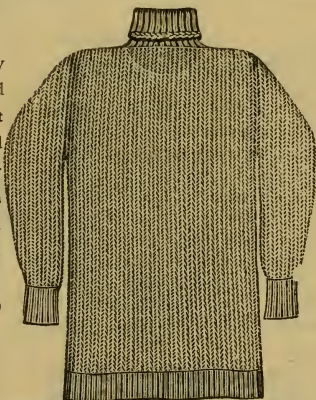
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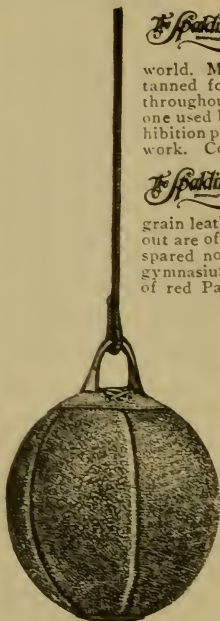
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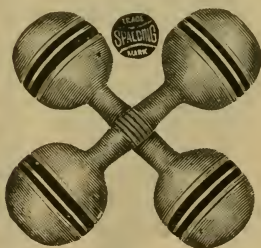


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1	"	.50
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2	"	.70
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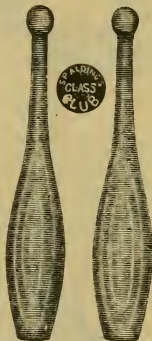
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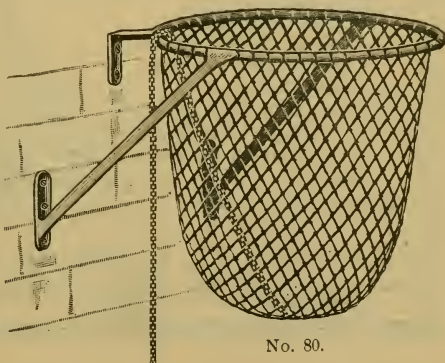
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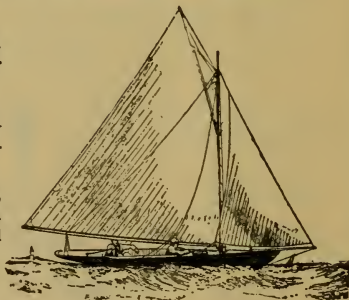
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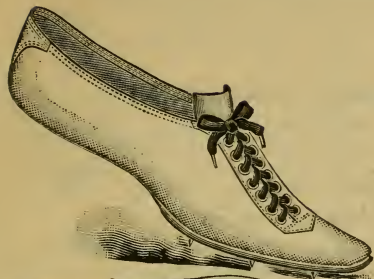
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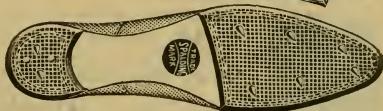
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